

Public Health Newsletter

MARION COUNTY



Marion County Public Health

Holiday Health and Safety Tips

Our staff would like to remind everyone to focus on healthy habits to help prevent the spread of respiratory viruses. With the holidays fast approaching, it's especially important to protect yourself and those around you.

- ➔ **Get Vaccinated:**
Make sure you're up to date on your flu shot. Vaccination helps lower your risk of illness and keeps our community healthy.
- ➔ **Practice Good Hygiene:**
Wash your hands frequently, cover coughs and sneezes, and stay home if you're feeling unwell.
- ➔ **Support Your Well-being:**
Eat nutritious foods, stay active, and get plenty of rest to keep your immune system strong.

Together, we can help keep Iowans healthy and enjoy a safe, happy holiday season!

Marion County Programs/Services

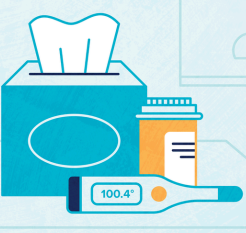
- Care for Yourself
- Communicable Disease Follow up
- Environmental Health
- Foot Care Clinics
- General Assistance
- Immunizations
- Preparedness (Emergency Response)
- Private Well Grants
- Senior Meals
- Tobacco Cessation

Community Education

- CPR/First Aid Classes
- Dementia Friends Sessions
- Narcan Training
- Stop the Bleed Course

Q What do I do if I've been around someone who is sick with a respiratory illness?

A Watch for symptoms, stay alert if you're at higher risk, and know when to seek medical care.



- 1 Watch for symptoms**
If you've been near someone who is sick, it's important to watch for signs that you might be getting sick, too. Symptoms that are common in many respiratory illnesses (like flu, COVID-19, and RSV):
 - Fever
 - Chills
 - Feeling tired
 - Cough
 - Runny or stuffy nose
 - Decrease in appetite
 - Sore throat
 - Headache, muscle or body aches
- 2 Take extra care if you're at higher risk**
If you are at higher risk for severe illness and start to feel sick, you should act fast. Getting care quickly can help reduce your chances of serious illness or complications. Groups of people at higher risk include:
 - Older adults (65+ years)
 - Young children (under 2 years)
 - People with weakened immune systems
 - People with disabilities
 - People with certain underlying health conditions
 - Pregnant and recently pregnant women
- 3 Know how to recognize emergency warning signs**
If you or your child have an emergency warning sign, seek emergency medical care immediately. Emergency warning signs could include:
 - Fast breathing or trouble breathing
 - Bluish lips or face
 - Chest pain
 - Altered mental status
 - Seizures

Protect yourself and your loved ones. Talk to your healthcare provider for more information on respiratory illnesses and how to stay healthy.



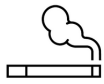
Flu vaccine is available at our office for those who qualify!



National Lung Cancer Awareness Month

November is National Lung Cancer Awareness Month.

Lung Cancer Risk Factors:



Smoking is the #1 cause of lung cancer



Radon is #2 leading cause of lung cancer

Lung cancer is one of the top 5 cancers in Marion County!

Radon is an invisible, tasteless, odorless, radioactive gas that is naturally produced in the soil. Radon becomes harmful when it becomes trapped and concentrated in the air. For example, when it leaks into a basement through a crack in the foundation or even a space around a pipe.

People who smoke that are exposed to radon are at a **10 to 20 times higher** risk of developing lung cancer than non-smokers.

Testing for radon is easy, and mitigating high radon levels is more affordable than the cost of lung cancer.

For more information visit: www.canceriowa.org/radon

Marion County Public Health has radon kits available for purchase if you call 641-828-2238. Kits are \$12 each.

SPECIAL EVENTS

Board of Health Meeting
Marion County Public Health Training Room
Tuesday, November 18, 2025 @ 5:00pm

Marion County Public Health Department
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Follow us on: [Facebook](#)



Employee Spotlight

Del Bennett has been working at Marion County Public Health Department for over 11 years! In her current role as a Community Health Worker, she works with several programs, including Tobacco Prevention, General Assistance, and Senior Nutrition.

Del loves helping the residents of Marion County and excels at connecting people with the many community resources available to them. Her compassion and commitment make her an invaluable part of our Public Health team.

At the end of this year, Del looks forward to completing the Public Health Essentials course, where she hopes to gain new skills to better serve the community.

Fun Fact: Del served on the committee organizing the General Assistance Retreat for the state this year! She even helped design the event T-shirt and coordinated speakers from the MCOs and Iowa Primary Care.



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